

HARVEST OF THE MONTH PRESENTS...



# HARVEST HEROES!



OCT  
2007

BOTH CLASSES OF PEARS, THE  
EUROPEANS AND THE ASIANS...

KEEP BLOOD SUGAR LEVELS STEADY  
WITH LOTS OF FIBER IN THE EQUATION!

*Featuring this month's heroes...*

## THE PHENOMENAL PEARS!

**RATATATATATATA**

HOW DO PEARS SHOOT  
DOWN CONSTIPATION?

**KRINCH**

HOW DO PEARS FIGHT  
DISEASE?!!

**BADABOOM**

BECOME A PRO AT  
PICKING A PHENOMENAL  
PEAR!!!

This material was created and approved as an  
extension to the Harvest of the Month tool kit  
developed by the Network for a Healthy California.

**LEARN MORE INSIDE!**



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& TIME LOG...

FUNDING OF THIS PROGRAM REQUIRES BOTH TYPES OF DOCUMENTATION...  
THANK YOU!!!

DON'T FORGET THIS MONTH'S FEATURED BOOK,  
"TOO MANY PEARS." SEE YOUR LIBRARY'S  
"Eat Your Books" RACK FOR TEXT AND LESSON!



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THE  
PHENOMENAL  
PEARS!

## GROW-ETRY.

### HOW WE GREW TO BE THE HEROES WE ARE...



We're honored to be recognized as this month's heroes,  
Worried about diseases? There's no reason to fear-o!  
We're daring, yet tasty... abundant, yet unique,  
We're perfect right now because we're at our peak!

There are 2 main types of pears, European and Asian,  
Both with tons of fiber; plus phytochemicals for any disease invasion...  
Both picked from trees in the fall, both taste so juicy and sweet when ripe,  
But European and Asian pears are both quite different depending on the type...

European pears are tender when ready to eat, and shaped like a teardrop,  
but ripening happens OFF the tree, after the picking of the crop...  
Asian pears think they're apples, round in shape, so crispy and so firm,  
These guys ripen ON the tree, then picked when they've finished their term...

There are 5 main types of European pears that are California-grown,  
Bosc's have giraffe-like necks, bad guys hate to be with them alone...  
Comice and Seckel pears might be small, but most say they are the most sweet,  
Red Anjou, she's unique, for she's shaped like an egg and red like a beet!

The last California-grown Euro is the "Mr. Popular" Bartlett pear,  
Changing colors as they ripen from green to yellow, is a quality so rare...  
Asian pears already got a shout out, but something to add to this poem's flow,  
Did you know some say they taste like a mix between a watermelon and a potato?

Now how do you make sure you pick out a phenomenal European pear at the market?  
If it is mushy with dents and bruises, put that one back and park it...  
Since we ripen off the tree, it's best to find one that's still hard,  
Once home, we could use your help to ripen, as you will play an important part...

Before we ripen you must decide when you want to enjoy us, later, or real soon?  
If for later, put us in the fridge now, and leave us there until you want ripening to resume...  
When ready for ripening to begin, place us outside the fridge in a paper bag,  
Check our necks for ripeness, and when they yield to pressure, you can enjoy us at last!

Enjoy us with our skin, that's where most of the fiber and phytochemicals are found,  
Chopped up and put in cereal or a parfait for the sweetest breakfast around!  
Feeling daring? How about a PPB&J... a Pear, Peanut Butter and Jelly?  
Add some diced pears to your salad... so healthy for your belly!

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Worried about diseases? There's no reason to fear-o!  
We're daring, yet tasty... abundant, yet unique,  
We're perfect right now because we're at our peak!

- Ben Bratcher, 2007



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## TOP SECRET INFO.

### PEAR POWERS



To be healthy, a variety of fruits and vegetables are necessary! Some ways pears help you be healthy are:

### FIBER!

Fiber helps keep energy levels steady; lends a mighty hand to your intestines to prevent constipation; and may also lower blood cholesterol levels.

### PHYTOCHEMICALS!

Pronounced "Fie-toe-KEM-ih-kuhls," these powerful plant chemicals may strengthen your body against diseases like cancer and heart disease!

### HOW TO GET PEAR POWERS



- Snack on raw pears with the skin as this is where most of the fiber and phytochemicals are found!
- Ever tried a "PPB&J"? A Pear, Peanut Butter & Jelly sandwich? Just add fresh pear slices to your PB&J!
- Sprinkle chopped pears on hot or cold cereal.
- Start off your day with a pear parfait (fresh diced pear, a favorite whole grain cereal/granola, and low-fat yogurt)!
- Pears and salad are an excellent combo! Two super heroes in one meal, whoa! Add some pears, blue cheese, walnuts, and baked/grilled chicken to a packaged salad blend and you're set!

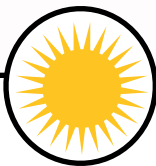
### DID YOU ALSO KNOW?



- Pears are the least allergenic of all the fruits, which means most people are not allergic to pears.
- All pears (except for Asian pears) do not ripen properly on the tree so growers pick them when mature, but green. They are meant to ripen *after* they are picked, not while on the tree! See the "PICK A PHENOMENAL PEAR" page to learn how you can ripen these guys at home!
- The wood of pear trees is one of the preferred materials in the manufacture of high quality woodwind instruments.
- Like apple seeds, pear seeds contain "cyanogenic glycosides," which can actually be toxic if eaten in really large quantities.
- Mr. Williams named what we know as Bartletts, after himself. When early Americans brought Williams pears to the American colonies, nurseryman Enoch Bartlett "discovered" the pear variety and, unaware of the pear's true name, distributed it as a "Bartlett." It is still known as the Williams pear around the world.

### WHEN PEARS ARE "IN SEASON"

While Bartlett pear season starts in the summer (August), the fall and winter are the peak seasons for the other California pear varieties (although you can find at least one variety available at any point in the year thanks to modern storage). During the growing season, pear orchards need the ideal warm days and cool nights that are found in northern California. See "THE PEAR FAMILY TREE" page for the specific seasons of each California variety.





# ACTIVITY OVERVIEW: 3-5

## ACTIVITY CALIFORNIA CONTENT STANDARDS

KWL Chart: "What Do You Know About Pears?"	3	<ul style="list-style-type: none"> <li>Reading Comprehension 2.2 Ask questions and support answers by connecting prior knowledge with literal information found in, and inferred from, the text; 2.3 Demonstrate comprehension by identifying answers in text; 2.4 Recall major points in the text and make and modify predictions about forthcoming information.</li> </ul>
	4	<ul style="list-style-type: none"> <li>Reading Comprehension 2.3 Make and confirm predictions about text by using prior knowledge and ideas presented in the text itself, including illustrations, titles, topic sentences, important words, and foreshadowing clues; 2.4 Evaluate new information and hypotheses by testing them against known information and ideas.</li> </ul>
	5	<ul style="list-style-type: none"> <li>Reading Comprehension 2.3 Discern main ideas and concepts presented in texts, identifying and assessing evidence that supports those ideas; 2.4 Draw inferences, conclusions, or generalizations about text and support them with textual evidence and prior knowledge.</li> </ul>
Tree Map & Double Bubble Map®: The Pear Family Tree	3	<ul style="list-style-type: none"> <li>Reading Comprehension 2.5 Distinguish the main idea and supporting details in expository text.</li> </ul>
	4	<ul style="list-style-type: none"> <li>Reading Comprehension 2.1 Identify structural patterns found in informational text (e.g., compare and contrast, cause and effect, sequential or chronological order, proposition and support) to strengthen comprehension; 2.5 Compare, contrast information on the same topic after reading several passages or articles.</li> </ul>
	5	<ul style="list-style-type: none"> <li>Reading Comprehension 2.1 Understand how text features (e.g., format, graphics, sequence, diagrams, illustrations, charts, maps) make information accessible and usable. Distinguish facts, supported inferences, and opinions in text.</li> </ul>
"Pick a Phenomenal Pear" (reading comprehension & Flow Map® activities)	3	<ul style="list-style-type: none"> <li>Reading Comprehension 2.5 Distinguish the main idea and supporting details in expository text; 2.5 Distinguish the main idea and supporting details in expository text; 2.7 Follow simple multiple-step written instructions (e.g., how to assemble a product or play a board game).</li> </ul>
	4	<ul style="list-style-type: none"> <li>Reading Comprehension 2.1 Identify structural patterns found in informational text (e.g., compare and contrast, cause and effect, sequential or chronological order, proposition and support) to strengthen comprehension.</li> </ul>
	5	<ul style="list-style-type: none"> <li>Reading Comprehension 2.1 Understand how text features (e.g., format, graphics, sequence, diagrams, illustrations, charts, maps) make information accessible and usable; 2.2 Analyze text that is organized in sequential or chronological order.</li> </ul>

# ACTIVITY OVERVIEW: 3-5

## ACTIVITY CALIFORNIA CONTENT STANDARDS

What Makes Us Pears?	3	<ul style="list-style-type: none"> <li>Reading Comprehension 2.5 Distinguish the main idea and supporting details in expository text; 2.6 Extract appropriate and significant information from the text, including problems and solutions.</li> </ul>
	4	<ul style="list-style-type: none"> <li>Reading Comprehension 2.3 Make and confirm predictions about text by using prior knowledge and ideas presented in the text itself, including illustrations, titles, topic sentences, important words, and foreshadowing clues.</li> </ul>
	5	<ul style="list-style-type: none"> <li>Reading Comprehension 2.5 Distinguish facts, supported inferences, and opinions in text.</li> </ul>
Circle Map®	3	<ul style="list-style-type: none"> <li>Reading Comprehension 2.5 Distinguish the main idea and supporting details in expository text.</li> </ul>
	4	<ul style="list-style-type: none"> <li>Reading Comprehension 2.1 Identify structural patterns found in informational text (e.g., compare and contrast, cause and effect, sequential or chronological order, proposition and support) to strengthen comprehension; 2.5 Compare, contrast information on the same topic after reading several passages or articles.</li> </ul>
	5	<ul style="list-style-type: none"> <li>Reading Comprehension 2.1 Understand how text features (e.g., format, graphics, sequence, diagrams, illustrations, charts, maps) make information accessible and usable. Distinguish facts, supported inferences, and opinions in text.</li> </ul>
Guess What Family?	3	<ul style="list-style-type: none"> <li>Writing Applications 2.2 Write descriptions that use concrete sensory details to present and support unified impressions of people, places, things, or experiences.</li> <li>Written and Oral English Language Conventions 1.1 Understand and be able to use complete and correct declarative, interrogative, imperative, and exclamatory sentences in writing and speaking.</li> </ul>
	4	<ul style="list-style-type: none"> <li>Writing Applications 1.1 Write narratives: (1) Relate ideas, observations, or recollections of an event or experience. (2) Provide a context to enable the reader to imagine the world of the event or experience. (3) Use concrete sensory details. (4) Provide insight into why the selected event or experience is memorable.</li> </ul>
	5	<ul style="list-style-type: none"> <li>Written and Oral English Language Conventions 1.1 Identify and correctly use prepositional phrases, appositives, and independent and dependent clauses; use transitions and conjunctions to connect ideas.</li> </ul>
Use Your Senses	3	<ul style="list-style-type: none"> <li>Writing Applications 2.2 Write descriptions that use concrete sensory details to present and support unified impressions of people, places, things, or experiences.</li> </ul>
	4	<ul style="list-style-type: none"> <li>Writing Applications 2.1 (c) Use concrete sensory details.</li> </ul>
	5	<ul style="list-style-type: none"> <li>Reading Comprehension Draw inferences, conclusions, or generalizations about text and support them with textual information or prior knowledge.</li> </ul>

# THE PHENOMENAL PEARS!

WHAT DO YOU KNOW ABOUT PEARS?

K

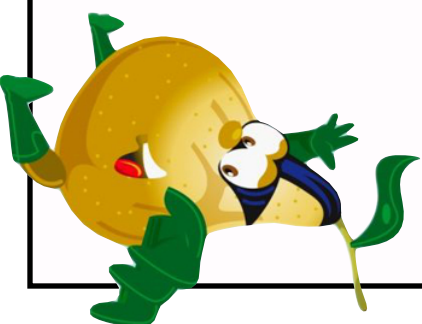
WHAT DO YOU ALREADY KNOW?

W

WHAT DO YOU WANT TO KNOW?

L

WHAT DID YOU LEARN?



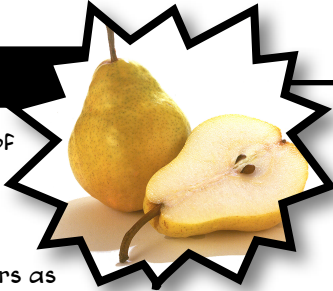
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## THE PEAR FAMILY TREE.

The pear has about 3,000 varieties (members) in their Family tree, and can be divided into 2 main groups: European and Asian. European pears have a "teardrop" shape with a tender, buttery-textured flesh, and ripen after being picked from the tree. Asian pears are actually more like apples than pears: they are round in shape; hard and crisp when ripe; and ripen on the tree, not off. All the California-grown pears below are European pears, except, well, the Asian pear of course!

### BARTLETT PEARS



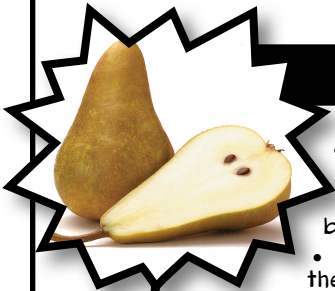
- Most popular pear... 75% of US pears purchased are Bartletts
- Shaped like a bell
- The only pears whose skin dramatically changes colors as they ripen, changing from a bright green to a golden yellow in just a few days
- Bartletts are at their peak from August to October

### RED ANJOU PEARS



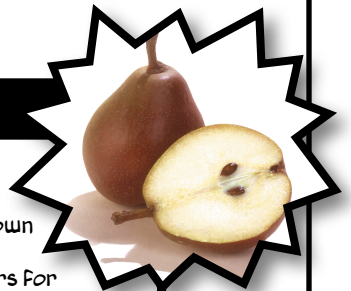
- Pronounced "On-ju"
- "Egg-shaped" in their appearance
- Skin color is a deep, rich, maroon
- Like other European pears, Anjous are sweet and juicy when ripe
- They are at their peak from September to December

### BOSC PEARS



- Pronounced "Bahsk"
- Have a long neck and stem
- Skin color is a cinnamon brown
- They do not change color as they ripen, but shrivel and soften at the stem instead
- They are quite aromatic, and juicy-sweet when ripe
- Boscs are at their peak season from October to February.

### SECKEL PEARS



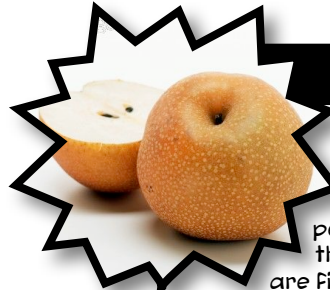
- Pronounced "Sek-uhl"
- These tiny pears are the smallest commercially-grown variety
- Compete with Comice pears for being the sweetest, as these chubby, dwarf-like fruits are sometimes called "sugar pears"
- Usually green in color, they have a dark maroon blush that sometimes covers the entire surface
- Seckels are at their peak from September to December.

### COMICE PEARS



- Pronounced "Co-meece"
- Chubby, with a short neck
- Skin color is dull, green, with spots of red
- Also called the "Christmas Pear," Comice have a reputation for being the sweetest and most flavorful... they are often the stars in holiday gift baskets
- Comice are at their peak from September to February.

### ASIAN PEARS

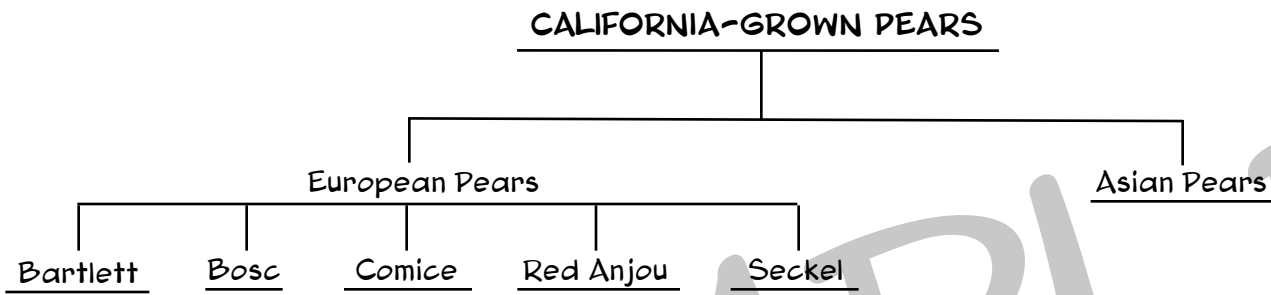


- Behave more like an apple than a pear!
- Unlike the other 5 European pears listed on this page, they ripen ON the tree; they are firm and crunchy; and they are round, not teardrop shaped
- Golden skin color with cream "freckles"
- Taste sugary; crisp; and a bit grainy in texture
- Some people say they taste like a "watermelon crossed with a potato"... what do you think?
- Asian pears are in season from July to October.

THE  
PHENOMENAL  
PEARS!

# TREE MAP®: THE PEAR FAMILY TREE.

The Formation of a Tree Map® based on the "THE PEAR FAMILY TREE" exercise...



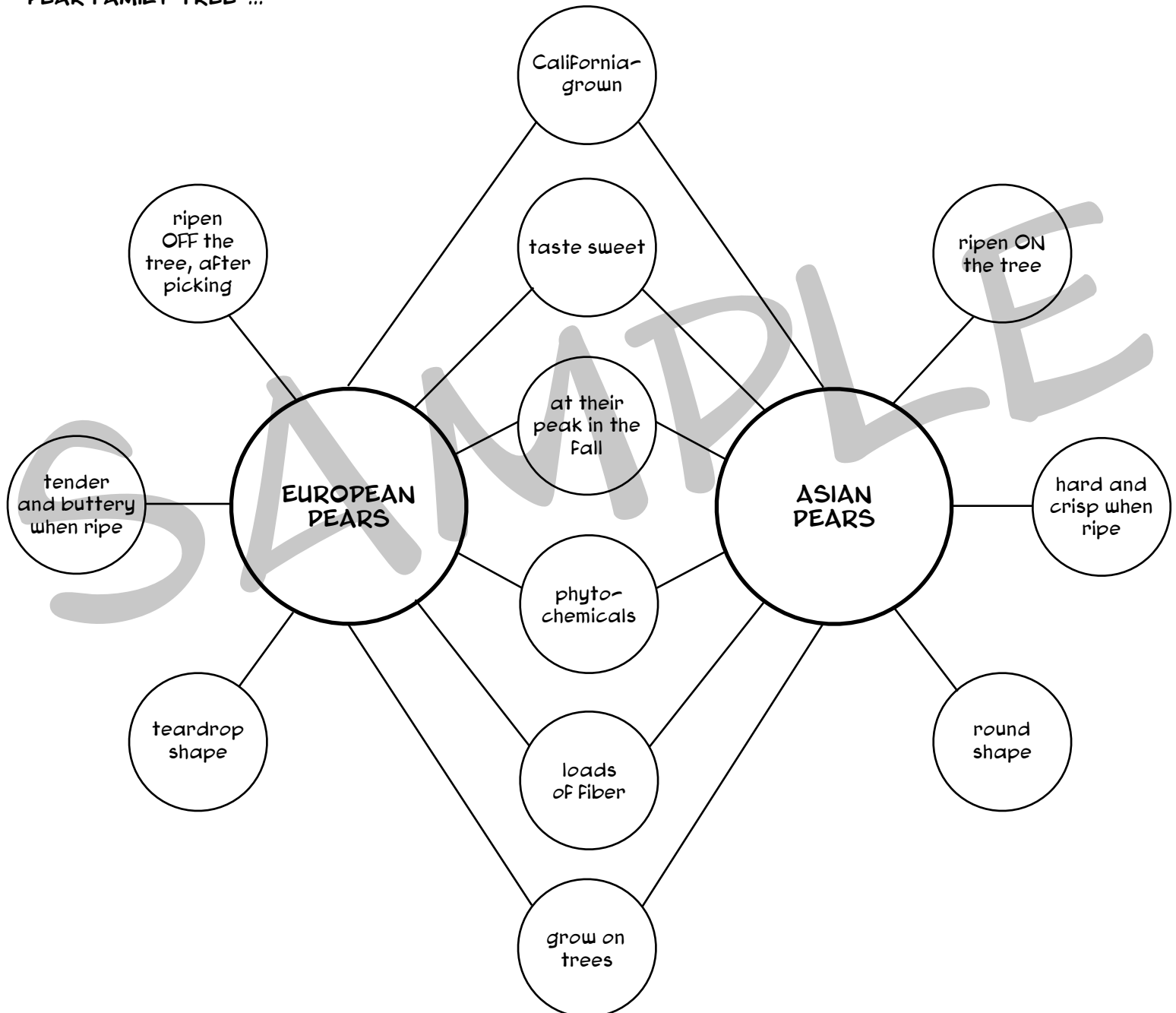
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# DOUBLE BUBBLE MAP®: THE PEAR FAMILY TREE.

Following is an example of a Double Bubble Map® comparing and contrasting European and Asian pears based on the "THE PEAR FAMILY TREE" exercise.

In another utilization of this activity, students can compare and contrast 2 pears of their choice from "THE PEAR FAMILY TREE"...



## PICK A PHENOMENAL PEAR.

### 1. PICK IT.



Worms make you squirm? How do you make sure that pear you're buying is a fresh one, and hopefully worm-free?! Here's how to make sure you pick a **~PHENOMENAL~** one.

#### BUY THEM UNRIPE...

Pears are a unique fruit that ripen best *off* the tree (pears that ripen on the tree will be mealy and gritty). So, unless you're ready to eat the pear immediately after buying it, you probably won't want to buy a really soft one from the store... allow ripening to take place at home. See the "CHECK THE NECK" section at right to learn how to ripen your pears.

#### LOOK FOR THESE QUALITIES...

When picking pears from the store, it's okay if they are hard. Stay away from pears that are really soft... these pears are extra fragile and will attract unwanted bruises and blemishes (if they aren't already there).

### 2. RIPEN IT.



Once you have picked out your **~PHENOMENAL~** pear, and it's still hard, don't worry because it's easy to get them ripe and juicy. First, you must decide *when* you want your pear... later or now?!!

#### EH, I CAN WAIT TO ENJOY IT...

Store your pears in the refrigerator until you are ready to ripen them as the cold air will slow the ripening process.

#### I WANT IT FAST!

To speed ripening, place the pears outside the fridge in a paper bag (never store pears in sealed plastic bags as the lack of oxygen will cause the fruit to brown from the inside... yuk!). Then, you can check the neck...

#### CHECK THE NECK FOR RIPENESS.

To do this, apply gentle pressure to the neck of the pear (where the stem is) with your thumb. As soon as it yields to mild pressure at the neck, your **~PHENOMENAL~** pear is ready to eat!

After reading the passages above, fill in the TRUE or FALSE circle next to each question:

- ☐ T ☐ F To quicken the ripening process, place the pears in sealed plastic bags.
- ☐ T ☐ F In this passage, the word "yield" means "to give in."
- ☐ T ☐ F Based on the passage, "Check the Neck" means to draw a check mark on the neck of the pear, and wait a few days until it disappears... you will then have a perfectly ripe pear!
- ☐ T ☐ F The best and most natural way for pears to ripen is on the tree.
- ☐ T ☐ F Really soft pears with dents, mushy parts and blemishes likely won't taste best.
- ☐ T ☐ F Picking a hard pear at the store will never ripen into a sweet and juicy pear at home.

DID YOU KNOW  
BARTLETT'S ARE  
THE ONLY PEARS  
TO CHANGE  
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- (T) (F) Based on the passage, "Check the Neck" means to draw a check mark on the neck of the pear, and wait a few days until it disappears... you will then have a perfectly ripe pear!
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- (T) (F) Picking a hard pear at the store will never ripen into a sweet and juicy pear at home.

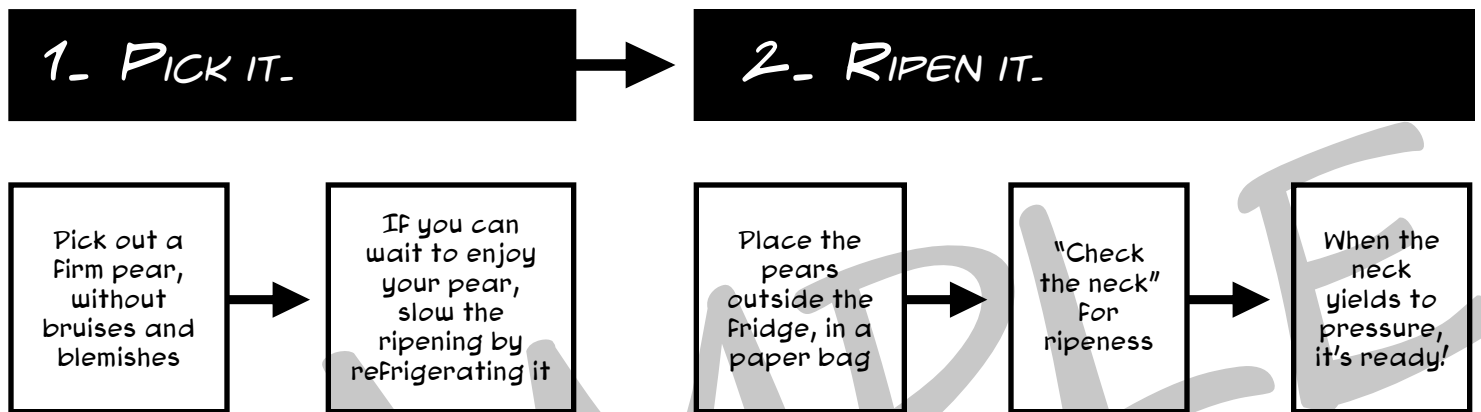
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THE  
PHENOMENAL  
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## FLOW MAP®: PICK A PHENOMENAL PEAR.

Possible sequencing idea for the formation of a Flow Map® about picking and ripening a pear (based on the "PICK A PHENOMENAL PEAR" exercise)...



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## WHAT MAKES US PEARS?

If we told you we were carrots, would you believe us? Well, why not? We want to know the truth... are you trying to say we're not as good looking as they are? Is that it?!!

While we do fight for the same cause, the truth is, we are obviously different than them. Why? Why not just call us "The Courageous Carrots"? (Besides of course the fact that we're so darn good looking...)

### CIRCLE THE CORRECT ANSWER(S):

1. A pear's skin is: as green as a grasshopper as purple as an alien as red as a rose as yellow as the sun as brown as dirt

2. A pear's texture is: as soft as a peach as crunchy as carrot as juicy as a watermelon

3. A pear grows: on a vine like grapes underground like a turnip on a tree like an apple on a bush like blueberries

4. A pear's shape is: like a teardrop like a box like the earth

5. A pear's taste is: sweet like candy sour like a lemon salty like a potato chip





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1. A pear's skin is:

as green as a grasshopper

as purple as an alien

as red as a rose

as yellow as the sun

as brown as dirt

[Bartletts are green, then yellow; Red Anjous are red; and Boscs are brown]

2. A pear's texture is:

as soft as a peach

as crispy as a cucumber

as juicy as a watermelon

[European pears are softer; Asian pears are crispier; and both are juicy!]

3. A pear grows:

on a vine like grapes

underground like a turnip

on a tree like an apple

on a bush like blueberries

4. A pear's shape is:

like a teardrop

like a box

like the earth

[European pears are teardrop shaped; Asian pears are round]

5. A pear's taste is:

sweet like candy

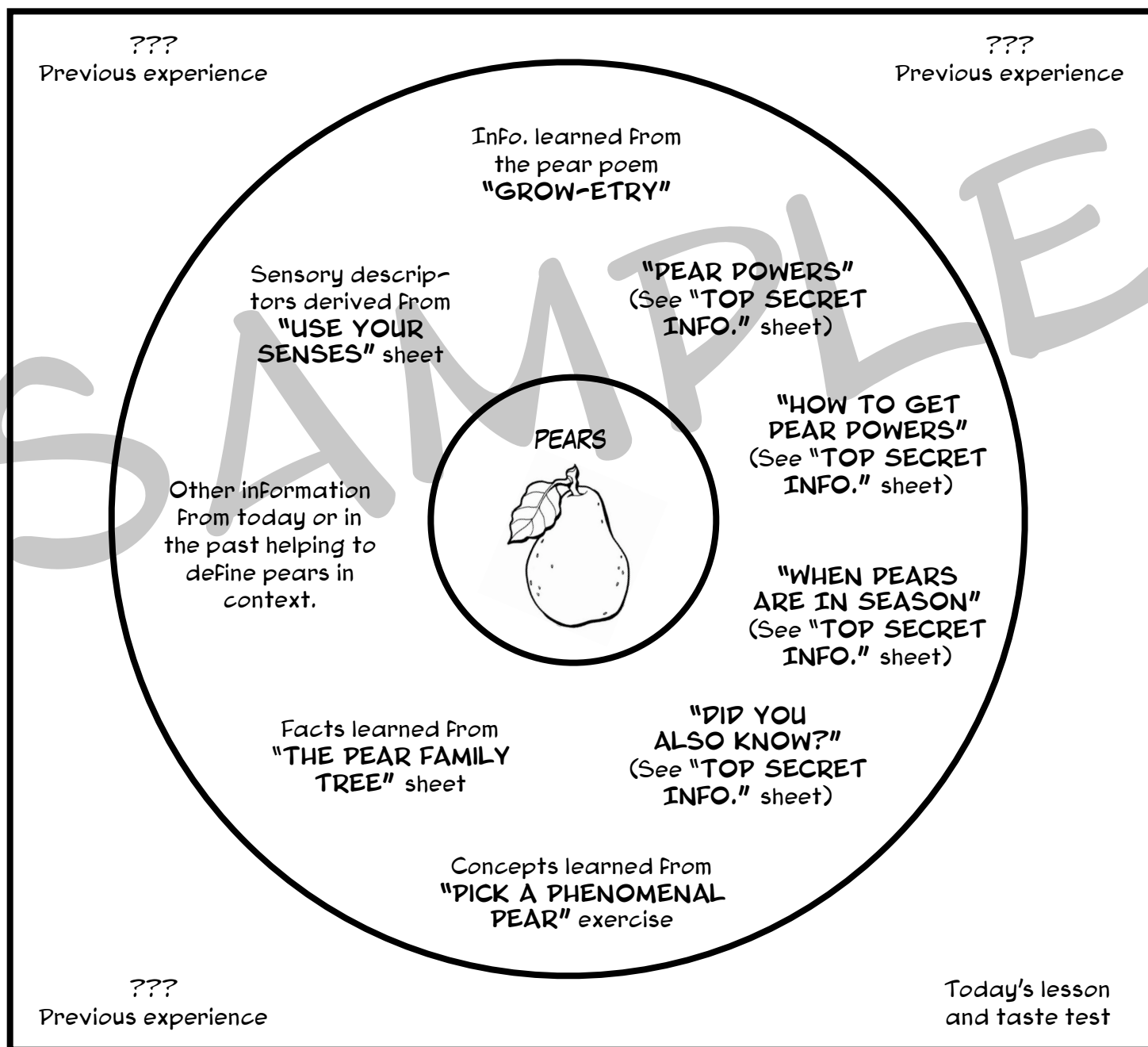
sour like a lemon

salty like a potato chip



# CIRCLE MAP®

Possible ideas to include in the formation of a Circle Map® about pears, depending of course on when the activity is done. This sample provided is a Circle Map® done after the lesson and taste test...



THE  
PHENOMENAL  
PEARS!

GUESS WHAT  
FAMILY?!!

Date: \_\_\_\_\_

Dear \_\_\_\_\_

Today I tasted \_\_\_\_\_ at school. My favorite was the \_\_\_\_\_!

Two interesting things I learned were that: \_\_\_\_\_  
\_\_\_\_\_ and \_\_\_\_\_  
\_\_\_\_\_.

Next time we go grocery shopping we can buy pears! We can make sure we pick a "phenomenal" one by  
\_\_\_\_\_  
\_\_\_\_\_.

Pears are so nutritious! It has **FIBER** which is good for \_\_\_\_\_  
\_\_\_\_\_ and **PHYTOCHEMICALS** which are good for \_\_\_\_\_  
\_\_\_\_\_.

Sincerely,

\_\_\_\_\_



THIS MATERIAL WAS FUNDED BY USDA'S FOOD STAMP PROGRAM THROUGH THE CALIFORNIA DEPARTMENT OF PUBLIC HEALTH, NETWORK FOR A HEALTHY CALIFORNIA. THESE INSTITUTIONS ARE EQUAL OPPORTUNITY PROVIDERS AND EMPLOYERS. THE FOOD STAMP PROGRAM PROVIDES NUTRITION ASSISTANCE TO PEOPLE WITH LOW INCOME. IT CAN HELP BUY NUTRITIOUS FOODS FOR A BETTER DIET. FOR INFORMATION ON THE FOOD STAMP PROGRAM, CALL (323) 727-4542. CONTRACT # 06-55103.



# THE PHENOMENAL PEARS!

## USE YOUR SENSES

		PEAR #1	PEAR #2	PEAR #3	PEAR #4
	COLOR				
	SIZE				
	SHAPE				
	OTHER				
	FEEL OF SKIN				
	TEXTURE OF FLESH				
	TASTE				
	SMELL				

WRITE A FEW SENTENCES ABOUT THE "PHENOMENAL PEARS" YOU JUST TRIED, USING ADJECTIVES YOU WROTE:

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**THE  
PHENOMENAL  
PEARS!**

# RATE THE TASTE




DATE: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

GRADE: \_\_\_\_\_

TEACHER NAME: \_\_\_\_\_

CIRCLE ONE:

VERY GOOD	OK	NOT GOOD
		

CHECK ONE:

WOULD YOU EAT  
A PEAR AGAIN?

☐ YES

☐ NO

COMMENTS: \_\_\_\_\_



**THE  
PHENOMENAL  
PEARS!**

# RATE THE TASTE




DATE: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

GRADE: \_\_\_\_\_

TEACHER NAME: \_\_\_\_\_

CIRCLE ONE:

VERY GOOD	OK	NOT GOOD
		

CHECK ONE:

WOULD YOU EAT  
A PEAR AGAIN?

☐ YES

☐ NO

COMMENTS: \_\_\_\_\_



## EVALUATION

School: \_\_\_\_\_

Date: \_\_\_\_\_

# Students: \_\_\_\_\_

Teacher Name: \_\_\_\_\_

Grade: \_\_\_\_\_

1. Which of the Tool Kit materials/activities were most useful? (Mark all that apply.):

- ☐ "Grow-metry" Poem    ☐ Top Secret Info.    ☐ KWL Chart    ☐ The Pear Family Tree    ☐ Tree Map®  
☐ Double Bubble Map®    ☐ Pick a Phenomenal Pear    ☐ Flow Map®    ☐ What Makes Us Pears?  
☐ Circle Map®    ☐ Taste Test    ☐ Use Your Senses    ☐ Guess What Family?!!

Comments: \_\_\_\_\_

2. Please note how much time was spent on this lesson: \_\_\_\_\_

3. Did you find the Kit easy to use? ☐ Yes ☐ No

Why or why not? \_\_\_\_\_

4. Do the Activities get easily integrated into your existing curriculum?

☐ Yes ☐ No IF not, how would you suggest they be modified?

\_\_\_\_\_

5. Are the nutrition concepts clear? Which ones do you emphasize?

\_\_\_\_\_

6. What would make this Kit more complete for you to teach nutrition education more effectively?

\_\_\_\_\_

6. What changes in your classroom have you made/will you make after participating in this month's Harvest?

\_\_\_\_\_

7. What changes, if any, do you notice in your students' outlooks in regards to nutrition? \_\_\_\_\_

\_\_\_\_\_

### DON'T FORGET!

Funding of this program requires 2 types of documentation:

#### 1. EVALUATION

Submit this page to Nutrition Services, Attn: Liz Vera as soon as possible. Call x7966 with questions.

#### 2. TIME LOG

Submit every month. The next one is due **NOVEMBER 1st**.

**THANK YOU!**



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